

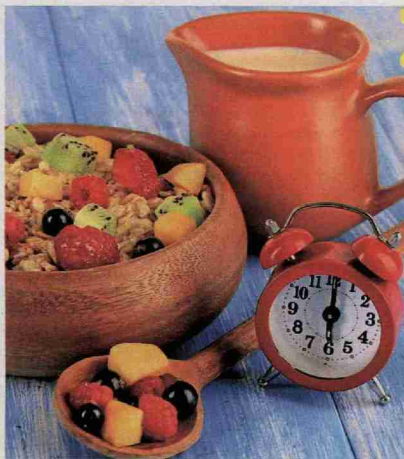


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News You  
Need Now

# Get amazing all-day energy!

**Need a boost when on the go?**  
Stick a stem of rosemary in your purse, then whenever you need more pep, take a whiff. Natural compounds in the fragrant herb stimulate alertness centers in your brain!

Have trouble getting your motor running in the morning? Fall into an energy slump before lunch? Hit a wall in the afternoon? Zone out once you get home from work? No matter when your most tired time of day is, researchers have uncovered the easiest way to boost your pep exactly when you need it!



## Wake up brimming with energy by eating by the clock!

No surprise here: The number-one culprit behind morning drowsiness is lousy sleep. What is surprising? The best way to ensure you get the deep and restorative sleep you need to wake up alert and fully-rested is to eat your meals at the same time every day!

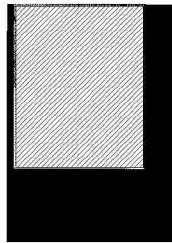
**Why it works:** The same body clock that dictates when you eat also dictates when you sleep, reveals new British research. In other words, simply having breakfast, lunch, dinner and snacks at the same time every day also keeps your sleep on schedule, so you get drowsy before bed and sleep deeply all night!

### Avoid these fats—particularly at night!

The best sleepers typically have diets low in saturated fat (from meat and full-fat dairy products), reports the journal *Appetite*. Scientists theorize that these not-so-good-for-you fats confuse your body clock, and are especially disruptive when eaten near bedtime.



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## 2 Rev your morning pep with a 1-cent supplement!

Find yourself losing steam each morning before lunch? Instead of relying on quick caffeine fixes to carry you through, start taking an inexpensive vitamin C supplement, advises Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*.

❖ **The proof:** Since our bodies are not able to make vitamin C on their own—and don't store the energizing nutrient, either—it's not surprising that many of us are deficient. No wonder folks in an eight-week study who took just 500 mg. twice a day saw their daytime energy soar an astounding 40%!



### Boost the benefit with ginkgo!

On days when you need an extra rush of energy to get you through demanding tasks, try taking 120 mg. of ginkgo biloba. Study participants who used the herb experienced significantly more mental energy, which enabled them to focus more easily, reports the journal *Psychopharmacology*. Ginkgo biloba increases the flow of energizing oxygen- and nutrient-rich blood to the brain!

## 3 Stop afternoon slumps with low-fat, low-carb lunches!

Pair low-fat protein with complex carbs, such as a turkey sandwich on whole-grain bread with a side of fruit, and you won't need to fight to stay awake each afternoon.

❖ **Why it works:** Big lunches high in carbs and fat—such as a burger and fries—trigger the most afternoon drowsiness, says Elizabeth Somer, R.D. "Large meals divert blood from the brain to the digestive tract to handle the incoming onslaught of food, which makes you sleepy." Fat clogs blood vessels as it enters the bloodstream from the GI tract. And meals high in refined carbs send serotonin up, leaving you drowsy!



### Tap into the free energizer!

Staying hydrated is one of the simplest ways to stay energized and focused all afternoon, study after study shows. Aim to refill your glass every hour or two.





## 4 Re-energize after work with a 10-minute walk!

Against all logic, putting your feet up and resting after a demanding day won't rev your energy—it'll slow your circulation and heart rate, making you feel draggy! What will work? A brisk 10-minute walk!

❖ **Why it works:** Walking quickly prompts your brain to churn out a surge of energizing endorphins, and it gets your blood pumping through your body and to your brain, reviving you in minutes, research shows.

### Re-fuel with romantic daydreams!

Feel a little leaden just before dinner, it's no wonder: It's been hours since you ate lunch! But instead of ruining your appetite with a snack, think romantic thoughts, which will trigger a surge in "good" stress, prompting the release of more glucose into your bloodstream to fuel you up!

## 5 Keep alert at night by chewing gum!

Need to power through a few late-night tasks before turning in? Grab a stick of peppermint gum! In one U.K. study, people who chewed gum for 15 minutes felt more alert than those who didn't!

❖ **Why it works:** Chewing gum increases heart rate, upping blood flow to the brain, plus it stimulates the autonomic nervous system, which increases alertness, say scientists. And "mint stimulates your nerve fibers, which also helps wake you up," says Dr. Teitelbaum.

### Listen to dance music, too!



Songs with a heavy bass beat—such as "Don't Stop the Music" by Rihanna—rev alertness by making you feel happier and more optimistic, a new Northwestern University study reveals. The energy-boosting effect of such songs is so powerful, pro athletes listen to them right before big games!

—Gabrielle Lichterman